



Status Quo

The “status
allows us to get
the hero
(protagonist)
identify with
before the
begins.

calls the initial
“conventional”
meaning the
stuck in the
same-old

each day. The hero feels quite comfortable going through the motions, even if they aren’t necessarily happy or fulfilled. When the hero feels the stirrings of a challenge without a pre determined outcome, they are ready for the next stage...

quo”
to know

and
them
journey
Campbell
stage
slumber”,
hero is
same-old,
routine

Call to Adventure

The “Call to Adventure” sets the story rolling by disrupting the comfort of the hero’s status quo. At this point they can choose to continue the journey towards wholeness and transformation, or they can choose to veer off towards destruction. The “adventure” can be a physical journey, or a mental one. Sometimes the “call” is an event that occurs (like a tragedy, an unexpected opportunity, a mystery, or the introduction of a new character that shakes things up for the hero). It can be something more subtle, like a realization the character has or that a new reality they are made aware of.

Some heroes heed the call immediately, eager for change or so emotionally vulnerable that they can’t think of anything else. Other heroes might be more apprehensive, or have to choose between two conflicting calls. They might be nervous for change or have something to lose if things go wrong. They may also lack confidence. For these hero types, they may need an extra push to get them to take the next step. The hero

may need a succession of calls before finally realizing that a challenge must be met, or that their only means of escape is the thought the **“special world”**.

Meeting the Mentor

The hero meets a mentor to gain confidence, insight, advice, training, or magical gifts to overcome the initial fears and face the threshold of the adventure.

A hero may not wish to rush into a special world blindly and, therefore, seeks the experience and wisdom of someone who has been there before. This mentor has survived to provide the essential lessons and training needed to better face the journey's tests and ordeals. The mentor may be a physical person, or an object such as a map, a logbook, or hieroglyphics. In westerns and detective stories, the hero may hold an inner mentor, a strong code of honor or justice that guides them through the journey.

Departure

Departure signifies that the hero has finally committed to the journey. The hero must confront an event that forces them to commit to entering the special world, from which there is no turning back. They may also need to make preparations, whether that is gathering supplies, clues, or saying goodbye to loved ones.

The event will re-establish the central dramatic question that propels the story forward. The event will directly affect the hero, raising the stakes and forcing some action.

Trials

Having crossed the threshold, the hero faces tests and trials in many forms. This is where the hero may consider turning back, because the initial excitement has worn off and now there is much work to be done.

The hero needs to find out who can be trusted. Allies are earned, a sidekick may join up, or an entire hero team forged. Enemies and villains are encountered. A rival to the hero's goal may reveal himself.

The hero must prepare themselves for the greater ordeals yet to come and needs this stage to test their skills and powers, or perhaps seek further training from the mentor. This initiation into the special world also tests the hero's commitment to the journey, and questions whether they can succeed.

Helpers

The hero is getting closer to their goal, and the stakes are mounting.

The cautious hero may take a moment to refuel, gather the troops, and mourn losses whereas the confident (or overconfident) hero may bypass these preparations and make a bold approach to the inmost cave.

“The approach” may signal a ticking clock or a heightening of the stakes. The end is near, but the biggest challenge is yet to come.

Crisis

The hero engages in the ordeal, the central crisis, during which they face their greatest fear, confronts this most difficult challenge, and experiences “death” whether literal or symbolic. Their journey teeters on the brink of failure, and the hero looks like they may not survive.

Sometimes the crisis may present the hero with a reality or choice they did not see coming, and it can disrupt the world order and make the hero question everything.

The hero may have had the power to defeat a villain in the previously, only to have to face greater forces in the journey’s second half.

Treasure

It seems like the battle is over. Maybe the hero beat the villain, or maybe the hero has perished.

This may be a time of celebration, a change of power, or mourning of a loss.

We are nearing the end of the story, and it may seem that the outcome has already been established.

Result

Things are not as they seem. Maybe the treasure isn’t really a treasure after all, or the villain returns to reclaim the prize.

Maybe the hero realizes that their original goal isn’t what they really want. Maybe a new goal is added.

The Return

The hero must finally recommit to completing the journey and accept the road back to the ordinary world. A hero's success in the special world may make it difficult to return. Like crossing the threshold, The road back, needs an event that will push the hero through the threshold, back into the ordinary world.

The event should re-establish the central dramatic question, pushing the hero to action and heightening the stakes. Like any strong turning point, the action initiating the road back could change the direction of the story. The hero may need a force to chase them out of the special world. A ticking clock threatening destruction or death in the ordinary world may be set in motion.

New Life

The hero faces the resurrection, their most dangerous meeting with death. This final life-and-death ordeal shows that the hero has maintained and can apply all that they have brought back to the ordinary world.

The hero is reborn or transformed with the attributes of his ordinary self in addition to the lessons and insights from the characters that they have met along the road.

The home they left behind may not be recognizable anymore, and they may have to earn back the love and trust of those they left behind.

Resolution

The hero is back in the ordinary world, and has regained their place and purpose in the world, although it is likely changed. The hero has been resurrected, purified and has earned the right to be accepted back into the ordinary world and share the elixir of the journey.

Sometimes the resolution is that the hero finds strength within, rather than needing external validation.

Other times they may be welcomed home with open arms, and be able to start a new life.

In most tales, the return completes the cycle of this particular journey. Story lines have been resolved, balance has been restored to the ordinary world, and the hero may now embark on a new life, forever influenced by the journey traveled.



12:00 Status Quo
11:00 Resolution

10:00 New Life

9:00 Return

6:00 Crisis

8:00 Result

10:00 Treasure
1:00 Call to Adventure

2:00 Meet the Mentor

3:00 Departure

4:00 Trials

5:00 Helpers